



CERTAIN E PHILOSOPHICAL

Preparations of Foode and Beuerage for Sea-men, in their
long voyages : with some necessary, approued, and Her-
meticall medicines and Antidotes, fit to be had in readinesse at
sea, for preuention or cure of diuers diseases.



And first for Foods. A chape, fresh
and lasting victuall, called by the
name of *Masani* amongst the Ita-
lians, and not unlike (save onely in
form) to the *Cafew* in Barbary, may
be vpon reasonable warning prouid-
ed in any sufficient quantity, to serue
either for change and variety of meat,
or in the want of fresh victuall. With
this, the Author furnished Sir *Francis
Drake* and Sir *John Hawkins*, in their
last voyage.

3 Any broth or *Celafi*, that will stand cleare and liquid, and
not gellic or grow thicke when it is cold, may also be preferred by
this tie of Nature from all mouldiness, fowrenesse, or corruption,
so any reasonable period of time that shall be desired. A necessary so-
cret for all sickle and weak persons at sea, when no fresh meats can
be had, to strengthen or comfort them.

Now for Beuerage: All the water, which to that purpose
shall bee thought needfull to be caried to sea, will bee warranted
to last sweete, good, and without any intention to putrefaction, for
3, 4, or 5 yeeres together. This is performed by a Philosophicall
fire, being of a sympathetical nature with all plants and Animals.
In the space of one month, the Author will prepare so many Tunnes
thereof, as shall be reasonably required at his hands.

4 By this means also both Wine, Perrie, Sider, Beere, Ale, and
Vinegar, may be safely kept at sea, for any long voyage, without
fear of growing dead, lowre, or mustie.

5 And as for Medicine, if any Nobleman, Gentleman, or Mer-
chant, shall by his iurisdiction be desired to cary any speciall distilled
waters, decoctions, or iuyces of any plant or any other liquid vege-
table or animal body whatsoever with him in any long voyage,
this Author will so prepare the same onely by fortifying it with his
owne fire of kinde, that he may be assured of the lasting and dura-
bility thereof, asen at his owne pleasure.

6 Here I may not omit the preparation of the iuice of Lemons
with this fire: Because it hath of late been found by that worthy
Knight Sir *Jam. Lancaster* to be an assured remedy in the scurvy.
And though their iuice will, by naturall working and fermenting,
in the end so spiritualize it selfe, as that it will keepe and last either
simply of it selfe, or by the help of a sweete oylie *oyle supernature*:
yet this Author is not ignorant, that it hath lost much of his
first manifest nature, which it had whilst it was contained within
his owne pulp and fruit: (as is euiden in the like example of wine,
after it hath wrought long, which differeth exceedingly both in
taste and nature from the grape out of which it was expressed)
whereas being strengthened with this Philosophicall fire, it retain-
eth still both the naturall taste, race, and vertue, that it had in the
first expression: and so likewise of the Orange.

7 There is also a speciall powder for Agues, Quetters, and
Tertens: and sometimes it helpeth *Spurians*. Halfe a dramme is
sufficient for a man: and a quarter of a dramme for a child. It is ta-
ken in white Wine, Beere, or Ale. It cureth sometimes at the first ta-
king, often at the second, and seldom or neuer fullen at the third
time. It is not offensive to the taste. It expelleth the distill, with-
out any intention or weakening of the Patient.

8 A sweete Paste, for the head-ache: which commonly giueth
ease in one houres space, either vpon the forehead or behind the eare,
because it is speciall. The dose is the weight of a dramme.

9 A safe, general & gentle purging Powder, which is in white
wine, working easily without any convulsion, or other offence to

the stomacke. It is pleasant, and hath not any common or known
purgative therein. It weakeneth not the Patient, neither doeth the
body grow collicke after it: which is vsuall in most of the common
purgatives. There haue been so many trials made vpon all sorts of
complexions with this powder, as that it may well deserve the
name of a generall purge: yet I can least commend it in Cholericke
bodies. The dose is two drammes and an halfe at a time. This be-
ing taken in warme weather for three dayes together, in the Spring
and Fall, will present both the Goutte and Dropisie, and most of
these diseases that spring from rheumaticke causes: and if it cure
them in eight or ten dayes, take it for advantage. It cureth the
Pockes newly taken in hie or fixe dayes: and in tenne or twelue
dayes, at the most, it cureth a deepe rooted Pocke.

10 And if the plague, burning fever, or small Pockes, or Mea-
zels happen to infect any of the Souldiers or Mariners, or others in
the ship: then if, within fixe or eight houres after infection, a dose of
this Antidetary powder (whereof eight graines are sufficient) be ta-
ken, it commonly preueneth the rage and violence of the Plague,
by murthering the poysen, before it fixeth any fore to arise: and it
dispereth and conuerteth the matter of the small Pockes and Mea-
zels: whereby in a few houres it vanishest, without making the Pa-
tient heart-sicke. And in the cure of any kind of poysen, no Vis-
cous horne, no *Scorpe Stone*, no *Terra Lemnia* or *Sigilla*, no Mi-
shridate &c. is able to match the same, though taken in a double
proportion. It is an excellent remede against swooning, or any so-
daine passion of the heart.

11 There is also a medicine, which I will commend for the sea
being a notable stringing powder/which stayeth any flux of blood
in a short time, and often cureth the Piles and Emorrhoids.

12 The Essences of spices and flowers (as of Cinamon, Cloues,
Mace, Nutmegs, Rosemary, Sage, &c.) being in the forme of pow-
ders, may with little danger be caried at sea, are more apt to be mi-
xed and incorporated with Symples, Shilps or Conifers, are more
pleasing to nature, and are more familiarly taken, and with better
successe then the chymicall oyles themselves, drawn by limbecke:
their effects are answerable to the nature of the oyles.

Thus much I am bold to offer and publish for the benefit of sta-
faring men, who for the most part are destitute both of learned Phy-
sicians and skillfull Apothecaries: and therefore haue more neede
then others to cary their owne defensitiues and medicines about
them. Which if it shall receive entertainment according to the
worth thereof and my iust expectation, I may happily be encoura-
ged to prae a little further into Nature's Cabinet, and so to disperi-
some of her most secret Jewels, which she hath long time so causeli-
ly kept, onely for the vie of her dearest children: otherwise finding
no speedy or good acceptance of this my proffer (but rather crossed
by malice or incredulity) I doe here first and enlarge my selfe from
mine owne fixers: purposing to content my spirits, with such pri-
uate and pleasing practises, as may better suit with my place and
dignitie, and in likelihood prove also more profitable in the ende,
than if I had charitably donated my selfe to *Bonum Publicum*. In
which course, happy men are sometimes rewarded with good words:
but few or none, in these dayes, with any real recompense.

*Ut Deus per Naturam, sic Natura per
ignem Philosophicum.*

H. P. Miles.

goutte